



Designated Volunteer Commitment Card:

Name:

Email Address:

Contact Phone:

Name of Business, Community,
Neighborhood Association, Etc:

☐

Privately Owned Garden

☐

Community or Neighbor
hood Garden

☐

Business or Organization
Garden

I commit to give at least one hour each week to the delivery of fresh fruits and vegetables either from my garden or the gardens designated above. By committing I will be furthering this people-helping-people endeavor for my community.

Plant A Row

PARticipation is simple. Anyone can get involved. Communities, families, individuals, businesses, churches...YES, even you! No matter how much or little space you have each of us CAN make a difference. Here's how:

1. **Fill out our Plant A Row commitment card.** This can be one person, family or one volunteer if your community garden or business is participating.
2. **Plant** your garden with an extra row of veggies, fruit, herbs or even fresh flowers.
3. **Spread the word.** Give a PAR brochure to anyone who could help. We need your help with this community effort.
4. **Be informed.** Keep in touch with Westfield In Bloom for updates and totals as we go through the growing season.
5. **Harvest and weigh.** Help us keep food pound totals that are not only for encouraging updates to our community but to set our goals for next year.
6. **Deliver/Drop off** at Third Phase (15755 Allisonville Rd) or Ameriana Bank (corner of SR32 & Carey Rd). One of the most rewarding parts is the delivery to the **Plant A Row** designated drop-off locations.
7. **Celebrate at the Finale.** A celebration is planned to occur in October to celebrate and give thanks for all of the harvests.



How much impact can ONE ROW have?

A single bell-pepper plant can yield 6-8 peppers.

One cucumber plant can yield up to 20 cucumbers.

Envision just 2 tomato plants. They can yield hundreds of vitamin C, potassium and vitamin A packed tomatoes.

If one family harvests all of the apples on one apple tree can they consume all of them before the apples sour?

A single package carrot seeds will yield 20-30 carrots

Average time produce has been on the shelf is 1 week.

One average grocery bag of fresh produce weighs approximately 25 pounds.

Plant A Row

ANNOUNCEMENT

Does your neighborhood have a Community Garden? ◦ Would you like more information on organizing one? ◦ Do you need help with designing, planting and care of your garden? ◦ Want to know the difference between a white fly and an aphid?

The Westfield In Bloom Committee
and Hamilton County Master
Gardeners Association team up for a
Plant A Row Q & A
Westfield Town Hall
April 29, 2010 7pm-8:30pm.



**WANT MORE
INFORMATION?
CONTACT US AT:
WESTFIELD PARKS DEPT.**

Administrative Phone: (317)804-3184
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Westfield, IN 46074

Visit our website: <http://www.westfield.in.gov/parks/>



Westfield In Bloom community has chosen Third Phase to be our designated Plant A Row recipient for 2010. Here is some information on Third Phase the largest food bank in Hamilton County.

In 2009 over 700+ families from the city of Westfield utilized [Third Phase](http://www.thirdphase.org/) and their ministries. 500+ from Carmel and 4000 families from Noblesville.

In 2008, Third Phase was one of two local charities selected by WRTV6 to participate in Oprah's Big Give Indiana.

Third Phase, Inc.

<http://www.thirdphase.org/>

15755 Allisonville Rd.

Noblesville, IN 46060



**Westfield
In Bloom
Community
Presents:**

**Plant a Row
For The Hungry!** 

Plant A Row (PAR) is a people-helping-people community endeavor of **Planting An extra Row** of fruits and veggies to donate to our local food pantries. Thank-you for **PAR**-ticipating!

Tel: 317 804 3184